

Individuality in Couples Questionnaire (ICQ)

Thinking about interactions with your partner over the past month, please rate the extent to which you agree with each of the following statements as it applies to you and your relationship

1=strongly disagree, 2=disagree, 3=neutral, 4=agree, 5=strongly agree

Over the past month....

1. I felt respected by my partner
2. I felt valued by my partner
3. My partner asked my opinion on a range of topics
4. My partner valued my opinions and ideas
5. My partner seemed open to learning new things from me
6. I felt like part of a team with my partner
7. My partner made me feel like I have something meaningful to contribute to the relationship
8. I felt like an equal in the relationship
9. My partner praised my strengths and accomplishments
10. My partner listened to what I had to say with interest
11. My partner made me feel good about myself
12. I felt admired by my partner
13. I felt accepted by my partner
14. My partner accepted my flaws
15. I felt safe being vulnerable around my partner
16. I felt a sense of belonging in the relationship
17. I could tell my partner how I really felt without being judged
18. My partner asked me about my interests and hobbies
19. I had personal space when I needed it
20. I had the freedom to pursue my own interests and passions
- 21. I felt like I needed my partner's approval to do certain things (R)**
22. I had the freedom to be friends with whomever I wanted
- 23. I had to convince my partner to let me do things that were important to me (R)**
- 24. It seemed like we had an argument whenever I wanted to do something for me (R)**
- 25. My partner made me feel guilty for doing things on my own (R)**

Scoring instructions:

1. Reverse code items (R) 21, 23, 24, and 25
2. Average all items (1-25)